



免費健康講座 (廣東話)
中風康復

日期： 8 月 30 日 (星期三)

時間： 下午 3:30 - 4:45

內容：

- 了解中風
- 接受並積極應對中風之後身體, 情緒, 人際關係的變化
- 勇敢往前, 建立目標及社區資源

主講： 呂樂琴

華人社區健康推廣專員, 心臟與中風基金會

地點： SPLC - 康樂室

3333 Finch Ave. East (Finch and Warden)

查詢及報名請致電： 416 - 493 - 3333

歡迎長者和照顧長者人仕參加



Free Workshop on Stroke Recovery (Cantonese)

Learn About Stroke Recovery :

- Understanding stroke
- Living with physical, emotional and interpersonal changes after stroke
- Moving forward: S.M.A.R.T. Goals and community resources

**Speaker: Leqin Lu , Health Promotion Specialist, Chinese Communities
Heart and Stroke Foundation**

Date: August 30, Wednesday

Time: 3:30pm - 4:45pm

Place: Senior Persons Living Connected - Recreation Room
3333 Finch Ave. East

To register, please call (416) 493 - 3333

Older adults, & caregivers of aging relatives are welcome!